

## Intramural Flag Football Rules and Regulations

1. The game will be played with two teams having seven players on the field at once.
2. Balls and Flags will be provided by the referees at the start of the game.
3. Flags will be worn by every player and they must stay on the sides of the player.
4. No swatting hands away from your flags. Stiff arms to chest are allowed
5. If a player becomes too physical with another, they will be warned once. Any further roughness will result in a game suspension.
6. Games will start on time and the team will be forced to forfeit if the players are not present five minutes after the original game time.
7. Games will consist of two eighteen minute halves with a running clock until the last two minutes each half.
8. There will be a short intermission between halves.
9. Referees will keep time and score for each game and will record all results.
10. At the beginning of games and after touchdowns the ball will be punted to the other team from the back of the end zone. The ball will start where the returner is downed or at the 35 yard line if the ball is kicked out the back of the other end zone. If the ball is kicked out of bounds, it will be placed where it crossed the out of bounds line.
11. Teams will have four plays to get to the 20 yard line where they will be awarded with a first down and then have four more plays to get the ball into the end zone. If the team starts at or ahead of the 20 yard line, they have four plays to get into the end zone and no first downs.
12. Each touchdown will be worth six points and after the score teams can with go for one or a two point conversion. The one point conversion will be one play from the five yard line and the two point conversion will be one play from the ten yard line. No time will come off clock during conversions.
13. If the team does not get the ball to the 20 yard line in four plays or score a touchdown it will result in a turnover on downs and the opposite team will take over the ball where the ball was spotted on the previous play.
14. If the game is tied at the end of the second half, overtime will consist of two plays from the 15 yard line. If the first team scores the second team will have a chance and this will continue until a team scores and holds the other team. After Three overtimes the game will be called a tie unless we are in the playoffs.
15. If you intercept the ball during a conversion, nothing happens. The teams should proceed with the kickoff.
- 16. There will be no arguing with the referees or fighting during the games.**
17. Referees will give one warning to anyone breaking these rules and if they are forced to say something again the person will be removed from the game for good. Any unsportsmanlike conduct may result in a week suspension and further sanctions as set forth by Trine University.
18. Substitutions will only be allowed at the beginning of drives and first downs.
19. There will be a coin flip to begin the game and the away team will call it before it is tossed. The team who wins the toss will decide if they want the ball to start the game or after halftime.
20. If a quarterback takes longer than 20 seconds to pass, it will result in a loss of a down.
21. Teams must have at least two linemen on each play with no more than four players going out for a pass
22. After five seconds the defense can rush the quarterback and only then can the quarterback run with the football.
23. A quarterback may not run the ball unless forced to by a blitz from the other team.
24. No rushing plays are allowed. The ball must have forward progression past the line of scrimmage. (no pitches either)
25. If either flag is taken from the person with the ball he/she is down at that exact spot.
26. One referee will spot the ball before each play.
27. There will be playoffs at the end of the season and all teams, unless specified, will be involved. The championship game will be played at the stadium.
28. All games will be recorded and after playoffs the champion will be rewarded.